The thought stopping procedure: Description, application, and learning theory interpretations.

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AB While there has been considerable speculation concerning the use and application of thought stopping, there has been limited experimental verification and a lack of an adequate theoretical model. A detailed description of the procedure, so that thought stopping may be employed more readily by the clinician, also has been unavailable. The present paper describes the procedure, provides a learning theoretical base, and discusses some of the anecdotal and empirical evidence for thought stopping.